



First Aid

For Adults Who Stop Breathing

Every second counts if someone has stopped breathing. Start rescue breathing immediately. Don't stop to loosen clothing or move the victim unless the victim is in a dangerous spot. Here's what to do:

1. Place victim on the back.
2. Open the breathing airway and remove anything from the mouth that should not be there. Place your hand on the victim's forehead.

If there is a chance that the neck or spine is injured, skip the next step. Instead, gently pull the victim's jaw toward the top of the head to open the airway. Do not tilt the head. Proceed with step 4.

3. With the other hand, gently lift the chin to tilt the head back.
4. Put your pocket mask over the victim's mouth. If you do not have or can't find a mask nearby, place your mouth directly over the victim's mouth. With your fingers, pinch the victim's nostrils shut.
5. Breathe out slowly. Watch for the chest to rise.



If the victim's chest does not rise, try changing the head position. If that doesn't help, something may be blocking the airway. Use the Heimlich maneuver to dislodge the object.

6. Breathe into the victim so that the chest rises and falls every five seconds. Give the victim a chance to exhale.
7. Continue rescue breathing until the victim begins to breathe without help, or until medical help arrives.



The Heimlich Maneuver

Kneel with your legs on either side of the victim's waist. Make a fist. Hold it tight with your other hand. Place the fist just above the victim's navel. Make quick, strong thrusts with your fist, upward into the abdomen. Repeat until the object is dislodged.